

### ABSTRACT OF THE DISCLOSURE

A trauma mitigation device is provided which includes, an enclosure having a fluid impervious barrier, a crushable matrix disposed within said enclosure, and a viscous fluid disposed within said enclosure. Both the matrix and the fluid absorb energy when subjected to an impact force. A composition to be used in the device is also provided. The composition includes a viscous fluid in an amount of about 60-80% by weight of the composition and a plurality of macrosphere particles, in an amount of about 20-40% by weight of the total composition, disposed within said viscous fluid.

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